



Creamed Corn with Bacon and Leeks

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 4 slices bacon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cornstarch
- ☐ 6 ears corn
- ☐ 1 cup leek chopped
- ☐ 2 cups milk 1% low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

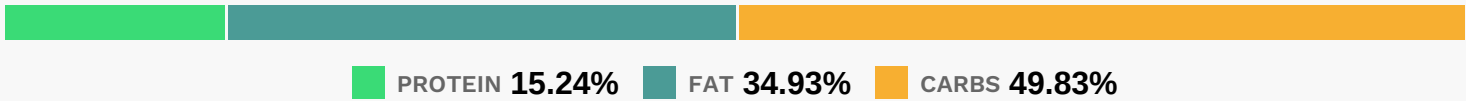
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife

Directions

- ☐ Cut kernels from ears of corn to measure 3 cups. Using the dull side of a knife blade, scrape milk and remaining pulp from cobs into a bowl.
- ☐ Place 1 1/2 cups kernels, low-fat milk, cornstarch, sugar, salt, and pepper in a food processor; process until smooth, scraping sides.
- ☐ Cook bacon in a large cast-iron skillet over medium heat until crisp, turning once.
- ☐ Remove the bacon from pan, reserving 1 teaspoon drippings in pan; crumble bacon.
- ☐ Add leek to pan, and cook 2 minutes or until tender, stirring constantly.
- ☐ Add pureed corn mixture, remaining 1 1/2 cups corn kernels, and corn milk mixture to pan; bring to a boil. Reduce heat, and simmer for 3 minutes or until slightly thick, stirring constantly.
- ☐ Sprinkle with the crumbled bacon just before serving.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:9.2430435004442%

Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 189.29kcal (9.46%), Fat: 7.83g (12.05%), Saturated Fat: 2.7g (16.85%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 23.04g (8.38%), Sugar: 10.78g (11.98%), Cholesterol: 13.61mg (4.54%), Sodium: 338.17mg (14.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.37%), Phosphorus: 187.74mg (18.77%), Vitamin B1: 0.23mg (15.59%), Folate: 48.88µg (12.22%), Magnesium: 48.84mg (12.21%), Potassium: 425.02mg (12.14%), Manganese: 0.23mg (11.69%), Vitamin B3: 2.33mg (11.66%), Vitamin A: 575.64IU (11.51%), Calcium: 110.93mg (11.09%), Vitamin B2: 0.18mg (10.37%), Vitamin B5: 1.03mg (10.33%), Vitamin B6: 0.2mg (10.24%), Vitamin C: 7.9mg (9.58%), Vitamin B12: 0.55µg (9.22%), Fiber: 2.1g (8.4%), Selenium: 5.33µg (7.62%), Vitamin K: 7.46µg (7.1%), Zinc: 0.95mg (6.3%), Vitamin D: 0.92µg (6.16%), Iron: 0.86mg (4.76%), Copper: 0.08mg (3.77%), Vitamin E: 0.28mg (1.86%)